

Nash County Senior Center

103 N. Alston Street ~ Nashville, NC 27856

Contact Us: 252-459-7681

THE NASH NEWS

Know Your W's!

Nash County continues to grow in numbers every day. Nash County Health Department continues to ask county citizens to practice preventative and safety measures that will help prevent the spread of the virus.

If you leave home, know your W's:

- Wear a cloth face covering if you are with others.
- Wait 6 feet apart. Avoid close contact.
- Wash your hands often with soap and water

IT'S THAT TIME!

**MEDICARE PART D OPEN
ENROLLMENT**

**OCTOBER 15TH -
DECEMBER 7TH**



Staff Directory

Nash County Senior Center

Morgan Doughtie

Senior Center Supervisor

Sandy Richardson

Activities Specialist

Ashley Winstead

Senior Services Supervisor

Wendy Perry

Senior Services Coordinator

Sherry Leonard

Accounting/Admin Specialist

Delois Burruss

Marian Jenkins

Dollie Parker

Reception/Support Staff

Southern Nash Senior Center

Allison Barrett

Senior Center Supervisor

Merredith Bulluck

Office Assistant III

ANNOUNCEMENTS

COVID-19 Update

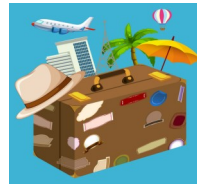
Seven months is a long time. When we first closed due to COVID-19 on March 13th, we figured it would be a few weeks and things would slow down and we would open back up in no time. Seven months, however, was never in the plan. We say this every month, but we are so thankful for everyone's patience and participation throughout the COVID-19 pandemic. You all have shown up when we needed it the most and for that, we are so thankful. Although the world and our state are ready to open back up, we are just not confident that it is a safe time for us to do so. The Nash County Senior Center and Southern Nash Senior Center will remain closed throughout the end of the year and will schedule a reopening date hopefully in the new year.

Throughout October, we will continue to provide outdoor in-person activities as long as weather permits. With your input, we will reevaluate the weather and colder temperatures as we inch closer to November and will make the best decisions possible for outdoor activities and programs.

We have continued to increase participation in outdoor programming. In order to add an additional layer of safety beginning in October, participants who take part in outdoor programming are subject to health screenings, temperature checks, and signing of a waiver. If you are uncomfortable with or unable to make it to our outdoor programs, most of them will be streamed online via Facebook Live. It is our hope that each and every person who works at and visits our senior centers will feel safe during this time. If you have any concerns, please don't hesitate to contact us.

~Morgan Doughtie
Senior Center Supervisor

Savannah, Jekyll Island & Beaufort, SC Trip



It is an honor and privilege that you entrust your vacations with The Nash County Senior Center. Unfortunately due to the ever changing situation that we are currently faced with regarding COVID-19, The Nash County Senior Center has decided to cancel the rescheduled the trip planned for **November 30-December 4, 2020.**

To all registered travelers, please expect a refund check in the mail. If you have any questions, please feel free to contact Morgan Doughtie directly at (252) 462-2730.



Home Delivered Meals

Due to the current pandemic, participation in delivering meals has declined. We are in need of volunteer. If you are **without or may know of someone who is without** chronic high-risk disease (lung disease, asthma, heart disease, compromised immune system, other underlying medical conditions that may be out of control such as: diabetes, renal failure or liver disease) and would be interested in volunteering for this much needed program, please contact: **Wendy Perry, Senior Services Coordinator at 252-459-1367** for more information.

ANNOUNCEMENTS

Medicare Part D Open Enrollment

The 2020 Medicare Part D open enrollment period begins October 15th and runs through December 7th. This is your opportunity to review your Part D plan choices and compare current plans to new ones in order to maximize your savings. A SHIP volunteer can assist you in finding a Medicare Part D prescription drug plan that meets your needs.

Due to COVID-19 The Nash County Senior Center & Southern Nash Senior Center will have appointments available, however they are over the phone only. Please note that some information may be asked to be provided before your scheduled appointment time. To schedule an appointment call the Nash County Senior Center at (252) 459-7681. You may also call the NC State SHIP office toll free at 1-855-408-1212.

Registration Form

Did you know back in January 2020, The NASH & Southern Nash Senior Center began transitioning into a new software system that helps keep track of membership, daily building usage, demographics, etc?

Did you fill out a new registration form? If you did, thank you for helping us transition. If you haven't yet to fill out a registration form, here is your chance. The NASH is in need of those who have not filled this form out to complete it and turn it in. This is also a great way to be added to The NASH mailing list.

If you are interested or are in need of completing this form, please call Morgan at 252-462-2730. A designated time for pickup can be established and/or it can be mailed to you.

SPECIAL EVENTS

Stockings for Seniors

Help Spread Some Holiday Cheer!

The Nash County Senior Services is sponsoring its annual *Stockings for Seniors* program. The goal of this program is to provide Christmas stockings filled with various items to seniors in Nash County. We are in need of donations and help from the community in order to make this happen. Suggested items include: gift cards, travel size toiletry items, socks, snack items, hats, scarves, and any other small gift items. **Donations will be accepted Nov. 1 through Nov 30.** Monetary donations will also be accepted and will go towards the purchase of stocking items.

If you would like to receive a stocking or for more information about this program, please call us at (252) 459-7681. **Applications will be accepted Nov. 2 through Nov. 30**

Spooktacular Drive Thru



Join us for a drive thru Spooktacular Event as the staff of The NASH & Southern Nash Senior Center greet you in the parking lot in costumes as we have a Halloween Party in the Parking Lot! We'll indulge in haunted sweet treats and envision the haunted hay rides as we gather together. Please join us and dress up in your best costume as those who participate in the drive thru with a costume will be entered into our costume contest for a chance to win a prize!

Day: Friday, October 30

Time: 10:00am

Location: The Nash Parking Lot

VIRTUAL & PARKING LOT PROGRAMS

Aerobics



Join us for an outdoor in person aerobics class. This class is also streamed on Facebook Live for those who are not able to make it in person. This hybrid aerobics class will consist of low-impact strength and training as well as light stretching. To join the class on Facebook, visit www.facebook.com/nashseniorcenter. Remember to maintain social distance at all times and to wear your mask when not sitting in your chair. Please bring your own water bottle.

Days: Mondays

Time: 8:30am

Location: The Nash Parking Lot

Parking Lot Bingo



Come to the senior center and bring your lawn chair to play Parking Lot Bingo. A Bingo card will be provided to you when you arrive. Please remember to maintain social distancing at all times and to wear your mask when not sitting in your chair. Prizes awarded.

Date: Mondays

Time: 10:00am

Location: The Nash Parking Lot

Craft with Sandy

Join Senior Services staff members on Facebook Live for a “do-it-yourself” craft! Be sure to post pictures of your finished products to our Facebook page so we can see what you created!

Date: Mon, October 5th

Time: 2:00pm

Where: Facebook Live

www.facebook.com/nashseniorcenter

Tai Chi

Tai Chi is an ancient, health enhancing exercise whose benefits include relief from arthritis, stronger immune system, improved circulatory function, and increased stamina. This class will be in the parking lot. Please remember to socially distance and to bring your own water bottle. Cost is \$3.00 per class and is to be paid to the instructor.

Days: Tuesday & Thursdays at 9am

Location: The NASH Parking Lot

Instructor: Howard Tang

Zumba *NEW*



Zumba is back! Come and groove to a new beat and get ready to move your feet. This class will be in the parking lot. Please remember to socially distance and to bring your own water bottle. Cost is \$3.00 per class and is to be paid to the instructor. Please have exact change.

Days: Tuesdays at 10am

Location: The NASH Parking Lot

Instructor: Chrissie Heath

Importance of the Flu Vaccine

Dawn Beddard, Clinical Nurse Liason with Amedisys, will be joining us on Facebook Live for a talk on Flu Prevention. Dawn will be talking about how the flu is spread, signs and symptoms, treatment, prevention, and facts about the flu vaccine.

Date/Time: Tues, October 6th at 2pm

Where: Facebook Live

www.facebook.com/nashseniorcenter

VIRTUAL & PARKING LOT PROGRAMS

Step it Up



Step it Up is a fun way to walk and get your body moving. Join us as we walk and get our body moving! Please remember to maintain social distance at all times. Please bring your own water bottle.

Days: Wednesdays

Time: 8:30am

Location: The Nash Parking Lot

Senior Stretch Class *NEW*

Stretch class is back! Stretching is important to improve overall health. Some benefits of stretching include increased range of motion, improved balance, and stress reduction. Class will be outside. Please remember to maintain social distance at all times. Please bring your own water bottle.

Days: Wednesdays

Time: 10:00am

Location: The Nash Parking Lot

The Girls



The Senior Services staff will be teaching you how to make spooky and cute Halloween treats that you can share with your friends and family this Halloween!

Date: Monday, October 26th

Time: 2pm

Where: Facebook Live

www.facebook.com/nashseniorcenter

Pumpkin Painting



Let's finally do a craft together in person! Join us for Pumpkin Painting in the Parking Lot. This class is limited to the first 10 who register. Sign up by calling 252-459-7681. All materials are included.

Date: October 28th

Time: 11:00am

Where: The NASH Parking Lot

Fire Prevention

Did you know that at age 65, older adults are twice as likely to be killed or injured by fires compared to the population at large? Join Blaise Harris from Rocky Mount Fire Department as he gives us tips and information on fire prevention.

Date/Time: Tues, October 13th at 2pm

Where: Facebook Live

www.facebook.com/nashseniorcenter

Halloween Trivia

Join us on Facebook Live for a fun and competitive Halloween themed game of trivia! To answer our trivia questions, you will need to comment your answer in the comment section of our Facebook Live. Get your brain juices flowing and get ready to play!

Date: Monday, October 19th

Time: 2:00pm

Where: Facebook Live

www.facebook.com/nashseniorcenter

Fun Facts about Fall

1. Catching a falling leaf can bring you good luck. There's a popular belief that "as many falling leaves as can be caught in the hand in autumn, so many happy months will follow."
2. You can spot a harvest moon. The full moon that occurs during autumn equinox, when the Earth's equator most closely lines up with the sun's center, is noticeably brighter and rises earlier than a typical full moon.
3. It's cobbler season, y'all! Cobbler, made by putting a sweet fruit filling of apple, apricot or another fall fruit into a baking dish, topping with delicious batter, and baking to crisp perfection (then topping with a scoop of ice cream, of course) is one of the best ways to warm up in the fall.
4. Babies born in the fall are more likely to live to 100! If you were born in the fall, you have a better chance of celebrating your 100th birthday than those who were born in any other season.

Autumn Word Search



ACORN
 AMBER
 BROWN
 DECIDUOUS
 DUCKS
 FROST
 OCTOBER
 SCHOOL
 SEASON
 SEPTEMBER
 SQUIRREL
 WHEAT

OCTOBER 2020

Mon	Tue	Wed	Thu	Fri
			1 9:00am Tai-Chi \$	2
5 8:30am: Outdoor Aerobics (also on FB Live) 10am: Drive-In Bingo 2pm: Craft FB Live	6 9am: Tai-Chi \$ 10am: Zumba \$ 2pm: Importance of Flu Vaccine (FB Live)	7 8:30am Step-it- Up 10am: Stretch	8 9:00am Tai-Chi \$	9
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Senior Centers



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Have you heard the news? Nash County's 2020 Walk to De-feet Dementia is not canceled! It will simply move ONLINE, to wherever you are!

Walk to honor and remember those touched by dementia. Every dollar raised for Dementia Alliance stays in North Carolina and fuels the best quality of care for your friends, family members, and neighbors impacted by dementia.

We invite you to walk and fundraise alongside your neighbors this November 7-14th, united in a state of caring! Registration is FREE! Visit <https://www.classy.org/event/the-2020-nash-county-walk-to-de-feet-dementia/e286291>